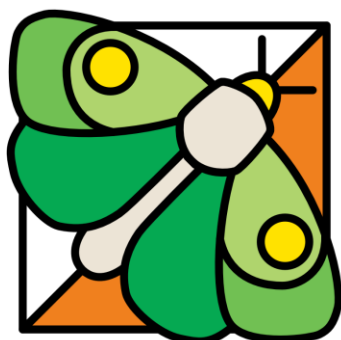




AUS SCHOOLS ORIENTEERING CHAMPIONSHIPS

2026 29 SEP–01 OCT
NGUNNAWAL COUNTRY

Australian Schools Orienteering Championships 2026

ASOC - Bulletin 2.0 (August 2026)

Invitation

Students from Australian States and Territories, New Zealand and New Caledonia are invited to compete in the 2026 Australian Schools Orienteering Championships (ASOC), incorporating the Southern Cross Junior Team Challenge, as part of the Oceania Orienteering Championships Carnival 2026.

Location

The carnival will be held across Canberra (Ngunnawal country) stretching from Canberra CBD to Namadgi National Park. All maps are within a 75 min drive from Canberra.

We acknowledge Ngunnawal and Ngambri peoples as the traditional custodians of the land we will live and orienteer on and pay our respects to their Elders past and present.

ASOC26 is organised by Orienteering ACT in conjunction with Orienteering Australia.

ASOC26 coordinator contact: Allison Jones

Email: allisonjones@me.com

Intended Audience

This ASOC26 Bulletin is intended for all ASOC26 competitors, including independent athletes and their support persons, team managers and coaches.

Program of Events

<https://oceania2026.orienteering.asn.au/>

Day	Date	Event	Location
Friday	25/09/2026	Arrival of teams to Canberra Park by 4pm	Canberra Park
Saturday	26/09/2026	Oceania Middle Champs	Bogong Ck Namadgi National Park
Sunday	27/09/2026	Oceania Relay Champs	Honeysuckle Ck Namadgi National Park
Monday	28/09/2026	Rest day Pre-ASOC committee meeting ASOC photos Opening Ceremony and Public Start Draw	 ~ 9:30am: Dining hall 4pm 6pm Lyneham High School
Tuesday	29/09/2026	ASOC – Sprint Flight of the Bogong Day 1	Orana Steiner School
Wednesday	30/09/2026	ASOC – Long Flight of the Bogong Day 2	Remembrance Park / Mount Ainslie
Thursday	1/10/2026	ASOC – Relay Flight of the Bogong Day 3 Presentation evening Disco	Pine Island Reserve 6pm Lyneham High School ~ 8:00pm (after presentation)
Friday	2/10/2026	Rest day Post ASOC committee meeting	 ~ 3:00pm: Dining hall
Saturday	3/10/2026	Wildfire Sports Oceania Long Champs	Stromlo Forest Park / Mount Stromlo
Sunday	4/10/2026	Oceania Sprint Champs Departure of teams	Australian National University

Information for all ASOC competitors, including Independent Athletes

Entries

Entries close on 5 September for all Oceania Championship events.
ASOC entries should be completed by State/Team selectors.

School aged students who are not members of representative teams (Independent Athletes) are warmly welcomed to participate and should enter themselves via Eventor – Entry by Independent Athletes - for each event.

Start draw

The opening ceremony and a public start draw for all ASOC competitors for the ASOC sprint event will take place on Monday 28 September at Lyneham High School. All ASOC competitors, including Independent Athletes are welcome to attend and to invite family and friends.

Location: Lyneham High School, 61 Goodwin St, Lyneham

Time: 6pm for 6:30pm start

A google form collecting *Participant Start Draw Presentation slide* information will be distributed to team managers (including Independent Athletes).

DUE Friday 11 September.

A google form collecting *Team Start Draw preferences* will be distributed to team managers.

DUE Friday 18 September. Changes will be allowed for injury or illness.

Order for entry in the Opening Ceremony will be:

1. ACT (host state and ASOC 2025 champions)
2. New South Wales (then states in alphabetical order)
3. Queensland
4. Tasmania
5. Victoria
6. Western Australia
7. Hārua (NZ)
8. Karahiwi (NZ)
9. Independents
10. South Australia – next host state

Start Groups: There will be five start groups

Start Group 1: Independent competitors

Start Groups 2, 3, 4, 5:

Each state and NZ team will nominate no more than two competitors for each of start group 2, 3, 4, 5. You must nominate one runner in each of group 2, 3, 4, and 5 before nominating a second for any group.

Competitors will be distributed randomly and evenly across start groups. If there are two competitors from one state/international team drawn consecutively, then the next competitor drawn will be inserted between them.

There is 1-minute start interval for the ASOC sprint, and 2-minute start interval for the ASOC Long.

Quarantine at the ASOC sprint

There will be a quarantine before the ASOC Sprint race at Orana Steiner School. Please read the Oceania bulletin for details on the quarantine arrangements.

State/NZ/OMG tent shelters at the events

A 3 x 3 shelter and ground sheet will be provided for each NZ, state and OMG team for each day of the Oceania and ASOC races. They will most likely be already put up each day, but it would be appreciated if teams could pack up their shelter and ground sheet and take them to the truck at the end of each day to assist organisers.

T-shirts

Commemorative 2026 ASOC T-shirts will be provided to all state/NZ team members, including coaches and managers and are included in their cost. Sizes must be provided in the Team Manager google form by 16 August. These will be distributed on the day of arrival to accommodation along with 2 x iceboxes per team, ground sheet and running bibs.

Independent athletes are also welcome to purchase the 2026 ASOC T-shirt at the cost of \$20 per shirt. Orders need to be collated and paid through the Independent Athlete coordinator Mary Ann Kulh makulh@gmail.com so she can provide me with final numbers and sizes on 16 August. Mary Ann will distribute the shirts to Independent Athletes from 26 September.

Working with Vulnerable People (WWVP) checks in the ACT

Team managers and coaches **may** need to apply for an ACT WWVP check, because you have regular contact with vulnerable people while working or volunteering in a regulated activity. If you need to, you must apply for a WWVP check and receive a WWVP registration card.

<https://www.accesscanberra.act.gov.au/business-and-work/working-with-vulnerable-people/working-with-vulnerable-people-scheme>

You **do not** need to apply for a WWVP card if any of the following apply:

- your contact with vulnerable people is 'incidental contact'. For example, you work in the same building as a vulnerable person but have no physical contact, face-to-face or other communication with them.
- you only work or volunteer with vulnerable people in a job which needs you to be registered with the Australian Health Practitioner Regulation Agency
- you're under 16 years old
- you're not working or volunteering for more than 3 days in a 4-week period or 7 days in a 12-month period
- you have a valid Working with Children Check or equivalent from another state or territory AND you're not working or volunteering for more than 28 days in any 12-month period.

Presentations

Presentations for the ASOC Open Individual and ASOC Relay events (including the Southern Cross Junior Challenge) will be made on the day of the event in the arena. Medals will be presented to the first 3 placegetters in each ASOC race and Southern Cross Junior Challenge race.

ASOC 2026 Rules

More information about ASOC, including the Rules and Conditions of Competition is available on the Orienteering Australia website: [Current ASOC Rules updated April 2026](#). Please note Clauses 3.2.2 and 3.2.3:

3.2.2

The Competition Cohorts shall be as follows:

- Boys 19 years and under
- Girls 19 years and under
- Boys 15 years and under
- Girls 15 years and under

3.2.3

Each OA affiliated state/territory may nominate a State Team, or in the case of the NT, may nominate a specific NT team, with a maximum of twenty (20) Competitors and four (4) team officials, dependent on host state capacity. The State Team will consist of a maximum of seven (7) runners in each Competition Cohort. No reserves are nominated.

Any State Team competitor in any Competition Cohort is eligible to earn individual points which contribute to State Team points and receive awards.

Late replacements/inclusions of State Team competitors are permitted. The final composition of any State Team or Invited International Team must be declared at or before the Pre-Event Meeting at the beginning of ASOC and the appropriate documentation stating the composition of the team is provided to the Organising Body. After this point no change is permitted to the composition of any State Team or Invited International Team during the conduct of ASOC.

Rest Days

Monday and Friday are designated rest days. This will be a great opportunity for teams, including the independent athletes, to participate in the team **Scavenger Hunt**. All details of the scavenger hunt will be established on arrival via a What's App group with team managers and team captains.

Other fun things to do in Canberra on your rest day include:

- **Treetops Adventure:** Majura Pines Canberra
<https://treetopsadventure.com.au/location/act-canberra/>
- **Mulligans Flat Woodland Sanctuary**
An opportunity to visit an Eastern Bettong, Bush Stone-curlew, Eastern Quoll, and Superb Parrots in natural habitat. Day and night tours available.
[mulligans flat woodland sanctuary](http://mulligansflatwoodlandsanctuary.com.au/)
- **Corin Forest** – All seasons alpine adventure, including the alpine slide
<https://www.corin.com.au/>
- **National Arboretum** - <https://www.nationalarboretum.act.gov.au/>
Pack your picnic lunch and take a walk in the national arboretum. With over 40,000 rare and endangered trees across a 250-hectare site, the Arboretum is a place of beauty, conservation, science research, education, tourism and recreation.
- **Visit Floriade** – <https://floriadeaustralia.com/>
More than 1 million bulbs bloom in Commonwealth Park - entry is free!

State Team presentations

A presentation evening for State/NZ Teams will be held on Thursday 1 October at Lyneham High School. Presentations for the Team's competition and overall State Champion Team will be made on this evening including the announcement of the Australian Honour Team. The Southern Cross Junior Challenge Team competition will also be announced.

Location: Lyneham High School, 61 Goodwin St, Lyneham

Time: 6pm for 6:30pm start

ASOC management committee meetings

The following should attend the ASOC management committee Pre and Post ASOC meetings.

- ASOC event coordinator team (Allison Jones, Kelvin Meng, Ella Hogg)
- OA ASOC coordinator (Toni Brown)
- Two officials from each state and NZ team
- At least one, but no more than two reps from the independent athletes

The **pre-ASOC** management committee meeting is proposed to be held at 9:30am on Monday, and the **post-ASOC** meeting is proposed to be held at 3pm on Friday in the dining hall at Canberra Park.

Independent competitors

Juniors are warmly invited to attend the Independent Athletes Meet to be based at Alivio Tourist Park, O'Connor, 4km from Canberra city centre.

The meet this year will be called Orienteering Meet at Galambary (OMG) and will run from 26th September to 4th October 2026.

OMG is being held to enable you to participate in the Oceania Orienteering Championships, including the Australian Schools Orienteering Championships (ASOC), as an independent competitor.

Unlike in previous years, OMG will not be a supervised overnight camp. OMG will include coaching at all Oceania and ASOC events, fun activities, social connections and presentations. Attendees will need to organise own meals and accommodation. Juniors will be expected to have a supervising adult to attend the meet.

Event entries for Oceania and ASOC do not form part of the costs of OMG. You will be expected to enter all events separately. For ASOC events, you will need to enter yourself in the Independent Athletes (IA) category. Registration fee for junior competitors AUD\$20 payable on entry.

Contact Mary Ann Kulh: makulh@gmail.com

Information for selected state and NZ teams only

Arrival

Teams should travel to Canberra on Friday 25 September and aim to arrive at their accommodation at [Canberra Park](#) by 4pm. The drive is approximately 15 minutes from Canberra Airport.

Discovery Parks - Canberra
26 Old Well Station Road
Gungahlin ACT 2912

A mandatory induction talk will be given by Canberra Park staff after arrival. ASOC teams are also reminded that other school students will be staying in other pods for some of the time we are there, so to please remember to be respectful and courteous of our behaviour and how it might be perceived or might impact other students nearby.

Dinner on Friday will be served at 6pm and will not be able to accommodate late arrivals.

You will be welcomed and provided with your team running bibs for Oceania and ASOC, 2 x Team iceboxes, ground sheet, T shirts. Allison Jones, Ella Hogg and Kelvin Meng will be staying onsite the majority of the time to assist with organisation, support and liaison with Canberra Park staff.

Disco

The disco will be at Lyneham High School hall, following the presentation, at around approximately 8pm.

Teams will need to vacate the school hall following the presentation for around 45 mins while we set up the disco space.

Teams are welcome to either return to the Canberra Park accommodation to get ready for the disco, or to simply get ready in their team buses, however you will not be able to utilise the school hall while we are setting up.

Departure

Departure will be on Sunday morning October 4. Checkout from Canberra Park will be after breakfast and before leaving for the final day's event.

Transport

Teams will be able to park their minibuses at Canberra Park and use them to transport the teams to and from each event. Parking will be in the bus bays, with overflow parking available. All events will be accessible to 2-wheel drive vehicles unless very wet.

Accommodation

All Australian and New Zealand Schools teams, managers and coaches will be staying at Canberra Park for the entire week. Canberra Park provides all linen, towels and pillows. Rooms and Pods are accessed via key cards. Each room has reverse-cycle air conditioning, and opens onto a communal area within a pod, enabling supervision and privacy. WiFi available, with filtered access for young people.

Student rooms are 4 per room (2 bunks), with an ensuite bathroom/shower/toilet for each room. Room allocations will be shared with team managers, noting there may be changes. Manager rooms are generally 2 per room (2 single beds) with an ensuite bathroom/shower/toilet for each room. There are a small number of 'coach/bus driver' rooms we can also use.

In each pod, there are 4-person student rooms, and 2-person manager rooms. ASOC will have 2 large (Bettong and Quoll) and 1 smaller (Goanna) 'pod' in close proximity. We have attempted to group each State team together within the same pod where possible, noting the 3 pods are very close to each other. Other pods at Canberra Park will be in use by other student groups not part of ASOC. A large common dining room will be used for all students staying onsite.

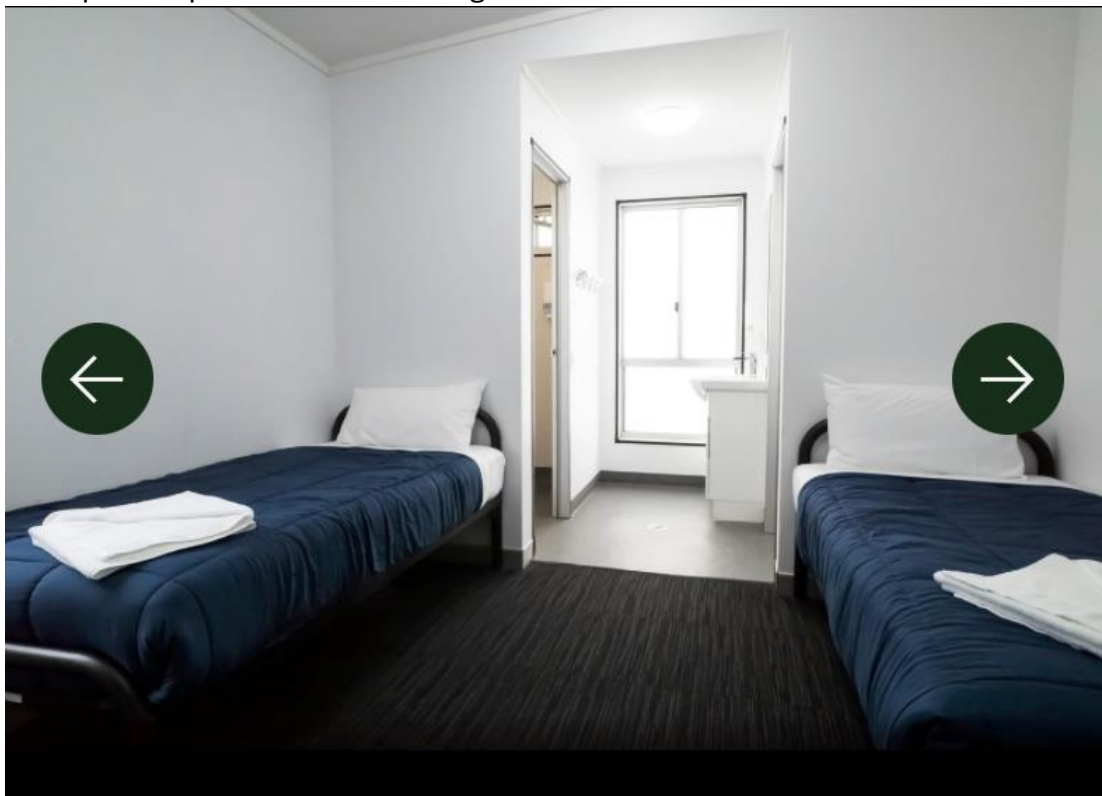
Each pod has a large common area that has a large TV/AV screen that can be used. We will coordinate allocated time for these facilities across teams for team meetings, noting they are not private and remain a common area. There are no other specific meeting rooms available on site. There is a large grassed area we can use.



Example of 4 person- student room – each room has an ensuite.



Example of 2 person Coach/Manager Room – each room has an ensuite



Meals

Meals will be provided by Canberra Park who are very experienced in catering for 400+ school students every day throughout the year. Dietary requirements will be catered and must be advised on the team information google form. An example menu for this week at Canberra Park is shown below, noting that dietary requirements will be accommodated. Students with dietary requirements will be served first, and should be accompanied by their team manager (at least on the first few nights) while kitchen staff ensure that appropriate meals are served according to their list of dietary requirements.

Teams may utilise the common camp kitchen facilities for small food prep, but must be respectful of others staying onsite at the public caravan park nearby.

Meal schedule

	Breakfast	Lunch	Dinner
Friday 25/9	NA	NA	6:00pm
Saturday 26/9	7:15am	Packed lunch	6:00pm
Sunday 27/9	6:00am	Packed lunch	6:15pm
Monday 28 /9	7:30am	Packed lunch	5:00pm
Tuesday 29/9	6:30am	Packed lunch	6:15pm
Wednesday 30/9	6:30am	Packed lunch	6:00pm
Thursday 1/10	6:30am	Packed lunch	5:00pm
Friday 2/10	7:30am	Packed lunch	6:00pm
Saturday 3/10	6:30am	Packed lunch	6:00pm
Sunday 4/10	6:30am	Packed lunch	NA

Sample Menu



WEEKLY MENU (Winter 2026)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Scrambled eggs Bacon Hash browns Yoghurt Fresh fruits Cereal Toast Pc spreads	Scrambled eggs Beef chipolatas Pancakes Yoghurt Fresh fruits Cereal Toast Pc spreads	Scrambled eggs Bacon waffles Yoghurt Fresh fruits Cereal Toast Pc spreads	Scrambled eggs Hash brown Beef Chipolatas Yoghurt Fresh fruits Cereal Toast Pc spreads	Scrambled eggs Pancakes Bacon Yoghurt Fresh fruits Cereal Toast Pc spreads	Scrambled eggs Hash Brown Beef Chipolatas Yoghurt Fresh fruits Cereal Toast Pc spreads	Scrambled eggs Bacon Waffles Yoghurt Fresh fruits Cereal Toast Pc spreads
Chicken mayo & lettuce Sliced bread Packet snack or baked treat Bottled water Fruit	Roast beef & cheese Sliced bread Packet snack or baked treat Bottled water Fruit	Turkey salad Sliced bread Bottled water Packet snack or baked treat Fruit	Ham, Cheese & tomato Sliced bread Packet snack or baked treat Bottled water Fruit	Chicken & salad Sliced bread Packet snack or baked treat Bottled water Fruit	Ham salad Sliced bread Packet snack or baked treat Bottled water Fruit	Turkey & cheese Sliced bread Packet snack or baked treat Bottled water Fruit
Pasta with beef Bolognese, shaved parmesan & garlic bread	Chicken schnitzel with baked jacket potato, and vegetables	Marinated chicken with hokkien noodles and seasonal vegetables	Butter chicken with steamed rice and naan bread	Hamburgers with crispy potato wedges and salad	Slow cooked lamb with basmati rice and roti bread	Crunchy crumbed fish, tartare sauce served with potato wedges and salad
Garden salad with a french vinaigrette Homemade dessert	Garden salad with a french vinaigrette Homemade dessert	Garden salad with a french vinaigrette Homemade dessert	Garden salad with a french vinaigrette Homemade dessert	Garden salad with a french vinaigrette Homemade dessert	Garden salad with a french vinaigrette Homemade dessert	Garden salad with a french vinaigrette Homemade dessert

Team photos

ASOC group and team photos will be taken Monday 4pm (before dinner) at Canberra Park. Teams must be in full uniform.

Laundry

Self-service laundry facilities (6 dryers and 6 washing machines) are available for use by teams. Washing detergent is automatically included /dispensed in the machine. Tap credit card system, ~\$5 per wash and \$4 for dryers.

Costs

Cost for the ASOC week of accommodation, food, presentations, room hire, medals, disco, T shirt, entries to the ASOC events will be **\$1450 per person** (\$1360 per team coach/manager).

Team managers should also take into account the Oceania event entry costs, bus costs, fuel and various tourist opportunities on the rest days.

After Hours Pharmacy

[Capital Chemist O'Connor](#) is a close after-hours pharmacy in O'Connor.

Hours: 8am-11pm

Location: 9 Sargood St, O'Connor ACT 2602